



# BOUNCE BACK PHOTO CONTEST

Everyone at some time in life will face adversities, setbacks, and losses. During these hardships, it is important to have healthy coping skills or the ability to move forward and bounce back.

ANTHC invites Alaskans of all ages to share photos, images, or artwork that reflect the individual, family, and community's sources of strength that build their ability to bounce back and increase resilience.

## ENTER YOUR PHOTO FOR A CHANCE TO WIN \$100 GIFT CARDS!

Submit your photos, images or artwork along with a brief description (2-3 sentences) at [anthc.org/BounceBackPhoto](http://anthc.org/BounceBackPhoto).

### DEADLINE:

Wednesday, **Sept. 30** at 11:59 p.m.

### VOTING PERIOD:

A voting period will take place **Oct. 1-8**. Visit the photo contest webpage to vote for your favorite entry. **All entries will be separated into three age groups: 0-19; 20-39; 40-70+.** The photo with the most votes from each age group will win a **\$100 gift card!**

### FOR MORE INFORMATION:

Visit [anthc.org/BounceBackPhoto](http://anthc.org/BounceBackPhoto) for contest rules and submission guidelines.



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